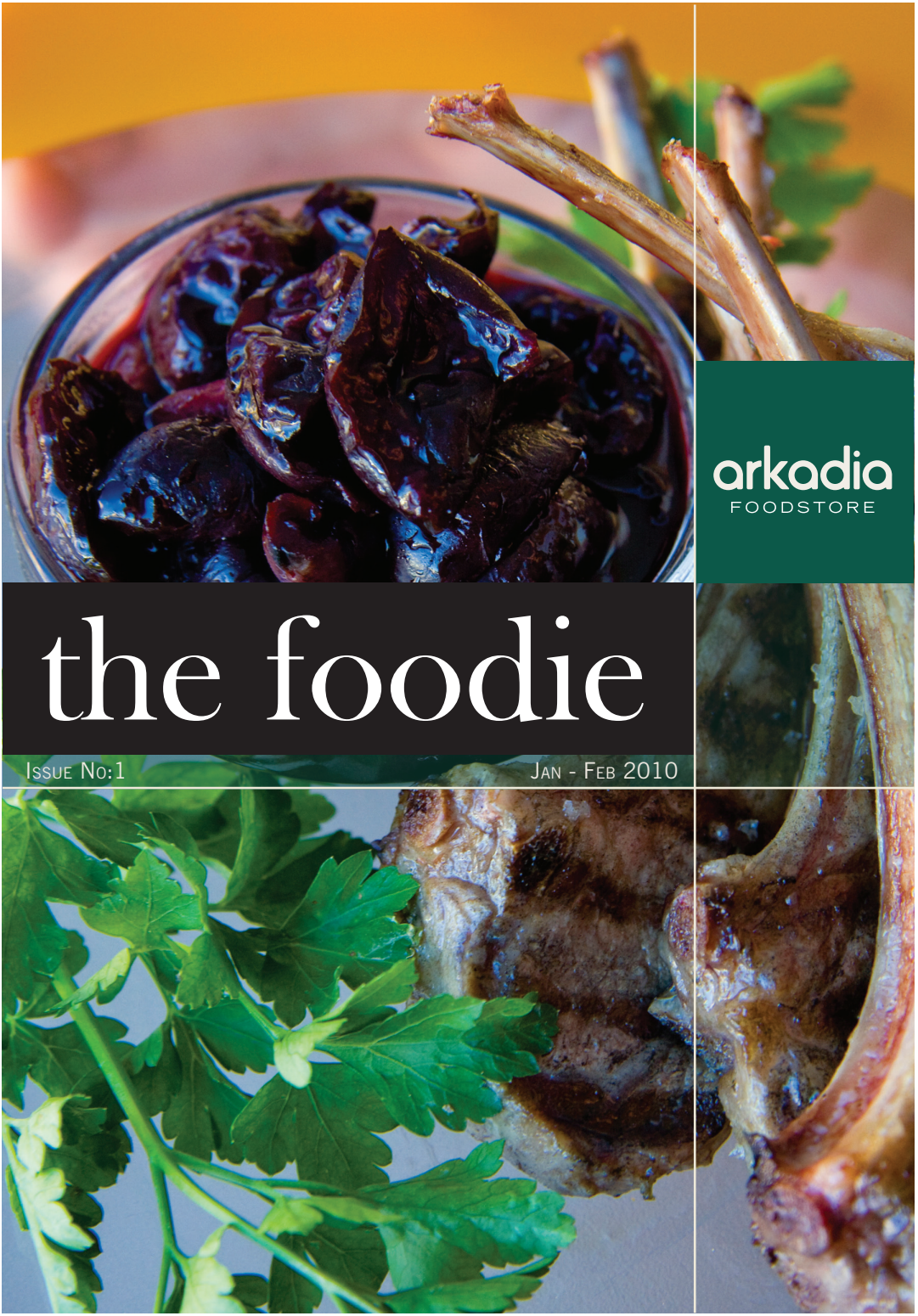

arkadia
FOODSTORE

the foodie

Issue No:1 Jan - Feb 2010

the foodie

January-February 2010

Happy Cooking for 2010

First and foremost we would like to wish our valued customers a Happy New Year. 2010 is here. And ahead of us is yet another intriguing year of cooking, eating and entertaining. Ingredients play an important part in your cooking and we at Arkadia Foodstore will do our best to continue providing you with the optimum quality, choice, and value you expect to find in our foodstores.

More Products Added to ARKADIA VALUE

To improve our value offer, last year we introduced a new promotional line called Arkadia Value. The purpose of Arkadia Value was to provide a popular pick of our top products and give that little bit extra to our customers with extra discounts from the recommended retail price. The promotional line has been well received and it was therefore decided to increase the product pick to 100 items. Hence providing more value to your shopping at Arkadia Foodstore.

'the foodie' is Born

To improve our communication with you, our valued customers, we also decided to change the format of our previous Arkadia Value leaflet. This is how 'the foodie' was born. We will use this bi-monthly publication to communicate with you our latest developments and promotional offers. We will also be providing some essential food information as well as some interesting and straightforward recipes to further fulfil your kitchen experience. Foodies always want to know more and more about what they eat. We will do our best to fill the gap and provide you with that knowledge.

Your Feedback is Essential

As this newsletter is still in its embryonic stage, we are more than sure that there are many ways that we can improve the content provided. Therefore we look forward for any suggestions you might have on developing this medium even more as we hope it will become a staple read by our foodstore customers.

Fresh Value at Our Butcher Counter

One development that we would like to immediately inform you about is the selection of fresh value packs made available at our butcher counter in Gozo. Nothing beats freshly cut meats from behind the counter but to improve customer convenience and add value, our butcher in Gozo is opting to go that extra mile for our customers and offer a good selection of pre-packed cuts of beef and veal at attractive prices. You have to see it to believe it so visit our butcher the next time you are at our foodstore in Gozo to find out more. You can also find an ample selection of pre-packed meats at our butcher counter at Portomaso.

Credibility Doesn't Grow On Trees

Thanks to the liberties of the open market, now more than ever is it easier to have access to any food product available on the European continent. The liberalisation of the market has brought competition and with competition the consumer has benefitted greatly when it comes to choice and value. But when it comes to quality, is it a case of value, values, or both? This is a tricky choice that we have been facing with unlimited amounts of products surfacing on the local market that do not fit our quality standards. Nevertheless we have built our credibility gradually and will certainly not sacrifice it for some short-term gain. We pride on being different. We are sure that you taste it too!

Opening Hours Back To Normal

After providing extended opening hours throughout the month of December, we have reverted our opening hours back to normal.

Gozo

Mon-Sat: 8AM – 7PM | Sun: 10AM-1PM

Portomaso

Mon-Sat: 8AM – 8PM | Sun: 9AM – 2PM

Produced by:
Arkadia Foodstore - Gozo | Portomaso

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New World vs. Old World

What's the real difference?

by Berenice Axisa

Many ponder on the difference between New World wines and Old World wines. We are constantly bombarded with new styles of wines, new regions, new grape varieties. But what is the real difference between a Pinot Noir from the village of Nuit St.Georges in Burgundy and a Pinot Noir from Martinborough vineyards in New Zealand? Most people argue that it all relates to the French concept of terroir, that is, the location, soil, aspect and vintage conditions where the grapes grow. The wine quality laws of France and other European countries are drawn on this concept. The whole edifice of the *appellation d'origine contrôlée* system in France, is founded on delineating the best terroirs. A Burgundy Grand Cru is better than a Burgundy Premier Cru because its terroir is superior.

This view went unchallenged until Californian and Australian producers began to produce seriously good wines. New World producers often rely on producing more consistent quality wines which can be easily approached by the average consumer. But are New World wines any superior in quality to Old World wines? In my opinion, New World winemakers can produce high quality wines as the best producers in Old World can produce. Stylistically, New World wines are characterised by more fruit forwardness and even higher levels of alcohol. Old World wines tend to have more subtle flavours, greater complexities and also vary according to vintage. Yet this is not a rule. New World producers have nowadays recognised that the concept of terroir can help them produce wines with a difference. I have tasted surprisingly great Rieslings from the Eden Valley in Australia which surely differ from the great Rieslings of Germany and Alsace. I find the only problem with New World wines is the offering. Unfortunately, only commercial, standard and unchallenging wines reach our market which hinder any wine consumer to explore further the New World regions.

I believe the real question is not which wine region is the best but rather which wine region do I love to drink. Which grape variety entices my palate and which producers supplies me the right bottle of wine. Finding the style of wine you prefer is key. Yet, never stop at that. Always challenge yourself and your palate. Wine can take you to places you have never dreamt of. Open your horizons.

Wine Excursion To Delicata Winery

Arkadia Foodstore will be organizing an excursion to the Emmanuel Delicata Winery in Paola. We will be organizing 2 groups – one group for each foodstore in Gozo and Portomaso. The excursion is free of charge and includes transport to the winery, tour, wine tutorial, wine tasting, and refreshments. Dates for the excursions still need to be decided.

Customers who would like to be part of the visiting party are to contact the following:
Gozo: Franco Azzopardi (2210 3316) **| Portomaso: Noel Pace/Edric Sultana** (2138 2333)

Pecorino Romano

Pecorino Romano is one of Italy's oldest cheeses. It is a hard, salty cheese, made out of sheep milk. Actually the Italian word *pecora*, from which the name derives, means sheep.

"Legend has it that a shepherd filled his flask with sheep's milk before a long trip and the motion during the trip caused the milk to naturally ferment. Hence the idea for a new cheese was born."

Pecorino Romano was produced in the Roman cradle of Latium up to 1884 when, due to the prohibition issued by the city council of salting the cheese inside their shops in Rome, many producers moved to the island of Sardinia. It is produced exclusively from the milk of sheep raised on the plains of Lazio and in Sardinia.

Pecorino Romano was a staple in the diet of the legionaries of ancient Rome. Today it is still made according to the original recipe.

Pecorino Romano is distinctively aromatic, pleasantly sharp, and is very salty in flavour. In Italian cuisine it is preferred for some pasta dishes with highly-flavoured sauces, especially those of Roman origin, such as *bucatini all'amatriciana.*

The sharpness depends on the period of maturation, which varies from five months for a table cheese to at least eight months for a grating cheese.

On the first of May, Roman families traditionally eat Pecorino with fresh fava beans, during a daily excursion in the Campagna.

Buying Pecorino Romano

As the Pecorino ages, they may become too dry and too strong or "sheepy" tasting. Select young to year old chesses, making sure they are not cracked or molded in appearance.

Traditionally, Pecorino is produced with a salted rind that is painted black. Dont be tempted by pecorino with added tuffle of chillis as these are newcomers. The beauty of pecorino is the subtle taste variations from region to region a result of the milk used, length of maturation, etc.

Tasting

Pecorino is excellent if flavoured with a bit of extra-virgin pure olive oil. For an appropriate tasting the cheeses must be taken out from the refrigerator at least one hour before being eaten, in order to let it gain that natural softness and make it emphasize its taste.

Pecorino Romano vs. Parmigiano Reggiano

Pecorino cheeses can be a good substitute to Parmesan, although sharper in flavor than Parmesan, all aged varieties are considered to be good grating cheeses for toppings on salads, pasta and vegetable dishes. Pecorino can also be served as a dessert cheese, with honey drizzled over the top.

Since the aged Pecorino cheeses are much sharper tasting, they are generally sliced as thin shavings to be combined with meat, fruits or breads.

Other Types of Pecorino Cheeses

There are other types of Pecorino cheese which should not be confused with Pecorino Romano.

Pecorino Toscano

A variety that is often eaten young is known as Pecorino Toscano, made in Tuscany. As a young cheese it has a whiter colored meat that is creamier in texture, providing a somewhat nutty flavor. Versions of this cheese are also made with cow's milk, which can typically be detected by the yellowish tint to the cheese.

Pecorino Sardo

It is the name for the Pecorino cheeses produced in Sardinia. This cheese is soft and greenish in color and obtained from whey of the island's sheep milk. It is a very palatable product and has a cylindrical form with a smooth and dark cheese rind.

Pecorino Siciliano

It is the name for the Pecorino cheeses produced in Sicily. The most well known of their cheeses is the Canestrato, or Incanestrato as it is also known, and the Pepato. Canestrato is aged for up to 6 months the cheese is sold as a young cheese while the sharper and more aromatic cheeses aged for up to a year are sold as grating or slivered snacking cheese with meats, breads, and over pasta. The Sicilian Pepato is a variety of Pecorino that has black peppercorns added to the meat of the cheese to enhance the flavor. Select Pepato that has a bone white color and a mild aroma for best results.

Grilled Lamb Chops with Cherry and Port Sauce

Serves 2
12 lamb chops (individually cut)
Sea salt and black pepper

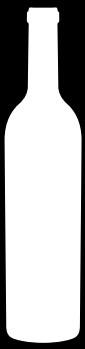
For the Sauce
1 cup washed and stoned cherries
1 cup port
1/2 cup white wine
1/2 cup Chicken stock

Method
Place wine, port and stock in a small pan. Bring to the boil and reduce the liquid to a half. Add the cherries and continue to cook until the sauce tickens. Set aside

Heat a got griddle pan until it is very hot. Place the lamb chops on the griddle and sprinkle with sea salt and pepper. Cook for around 3 min and turn. Cook for another 2 to 3 min, sprinkle with more sea salt and pepper. Serve with the cherry sauce on the side.

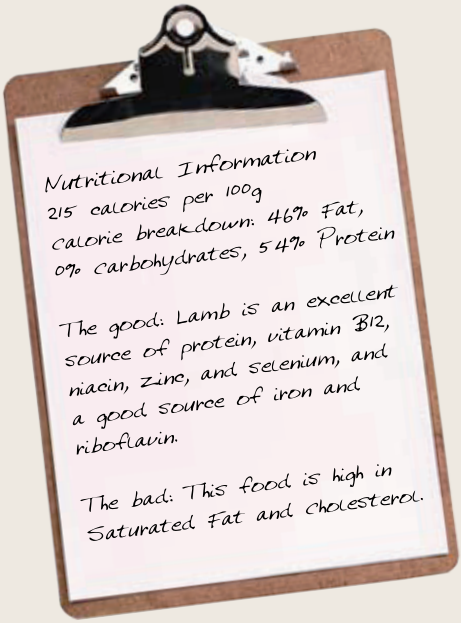
Information on the Cut
Lamb chop recipes are always an elegant meal and usually quite simple and quick to prepare. The cut most people think of when they hear the phrase 'lamp chops' is the rib chop - this is the equivalent of the 'rib steak' of beef, which, when cut off the bone, becomes the 'ribeye'. In lamb, the bone is always left in.

Grilling Tips
Lamb chops should be grilled on a covered grill over a medium-high heat. Ideally, you



Wine Pairing
Apart from the lamb chops being grilled and sprinkled with sea salts, which gives the palate already strong flavours, we also have the cherry and port sauce on the side which continues to enhance all flavours. When selecting a wine for this dish we would select a fruity Zinfandel from California. Zinfandel wines are usually reminiscent of jam which can mirror the flavours from the Port sauce. Also, the lavish fruitiness of this wine can cope well with the fair degree of saltiness used in this dish.

should grill them to medium rare or medium. There are few things worse than a dried out, over-cooked lamb chop, so keep a close eye on them and remove the chops from the grill when you reach an internal temperature of 140 F. And as always, let the meat rest for a few minutes before you serve it; in this case, five minutes will be good.



Lamb vs. Mutton

Do you know the difference between lamb and mutton?

Most people consider these meats the same, but there are some distinct differences. Meat from a sheep that is between four months and one year is considered lamb. Mutton is the meat from a sheep over a year old. Generally, mutton has a deeper flavor and is used for stew. If you have a recipe that calls for mutton, substitute lamb and shorten the cooking time for desirable results.

A Historical Note

Currently the most abundant livestock in the world, sheep were originally domesticated in the Middle East and Asia more than 10,000 years ago. As a source of not only food, but also textiles (wool), sheep were introduced and became popular throughout many regions of the world. The Romans introduced sheep into Great Britain, where lamb is very popular, over 2,000 years ago. Lamb was not introduced into the new world until the early 16th century when the armies of the Spanish explorer Cortez brought sheep with them on their explorations.

Since ancient times, lamb has been regarded as a religious symbol. It was commonly used as a sacrifice, and a symbol of sacrifice, in many religions including Judaism. In many countries, lamb is a traditional dish at Easter in commeration of the Last Supper at which lamb was likely served. Lamb is actually one of the few meats which is consumed across all religions.

Lamb is a staple in cuisines throughout the world including Turkey, Greece, New Zealand, Australia and countries of the Middle East.

Grilled Calamari

per person

- 400 grams fresh calamari - cleaned, rinsed with sea water and sliced
- 1/2 a lemon
- sea salt and black pepper
- 1/2 tblsp minced garlic
- olive oil
- white wine

Method

Heat a flat grill until it's very hot. Meanwhile, mix all the ingredients in a bowl.

Grill the calamari until golden, splashing with white wine every now and again. Serve with a crunchy seasonal salad, fries and crusty local bread.

Wine Pairing

For this dish we recommend a light, fresh and fruity white wine, ideally with some pronounced sharpness on the palate. Due to the texture of the calarmari and also the simplicity of this recipe, we recommend either a Pinot Grigio from Northern Italy or a Chenin Blanc from the Loire Valley. Both wines have clear accentuated flavours yet do not overload the taste buds.

Salsa verde

Ingredients

- 2 springs of fresh garlic, peeled
- 2 tbsp capers
- 1 gherkin
- 3 anchovy fillets
- 1 cup fresh parsley
- 1 cup fresh basil
- 1 cup of fresh mint
- 1 tsp Dijon mustard
- 2 tablespoons red wine vinegar
- 8 tablespoons extra virgin olive oil

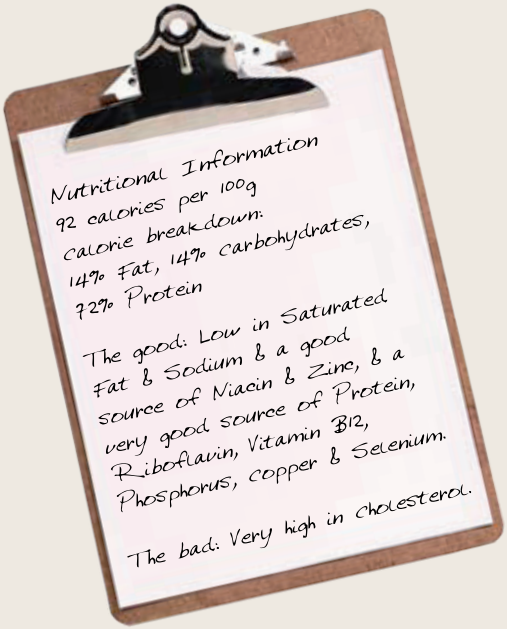
sea salt and freshly ground black pepper

Method

Place all ingredients in a food processor and using the pulse action, blend until evenly minced. Serve with the grilled calamari.

When using the Salsa Verde

Even though we have the same main ingredient for this dish, calamari, here we recommend a more structured wine due to the more pronounced flavours from the salsa verde. A silky, medium bodied Pinot Noir or Sangiovese would match very well this dish. Although the main ingredient is fish, the concentration of the salsa verde can balance out the soft tannins and light fruit of these red wines.



As popular known in the Mediterranean as Calamari, the actual English name for the species is squid. Squid is related to both the octopus and cuttlefish. Squid meat has a firm, chewy texture and mild, somewhat sweet flavor. Squid is very popular in both Mediterranean and Asian cuisines.

Squid should be refrigerated, airtight, for no more than a day or two. Squid can be pan-fried, baked, boiled, stir-fried or coated with batter and deep-fried. The cooking time should always be short, since the texture of squid becomes rubbery when overcooked.

10 Interesting Facts About Squid

1. Biologists estimate that there are as many as 500 species of squid.
2. Squid are carnivores; they eat fish, crustaceans, and smaller squid.
3. Squid have 8 arms and only the tentacles have suckers.
4. Squid have three hearts.
5. Squid swim faster than any other invertebrate.
6. The common squid lives about one to two years.
7. Squid is used raw by the Japanese in sushi dishes.
8. When being chased, many squid squirt a dark liquid to distract their attacker.
9. Squid has ammonium chloride in it so it taste like salty licorice
10. Squid's scientific name is Architeuthis dux.

The Spice Rack

Chives - *Allium schoenoprasum*

Chives are the smallest and most delicately flavoured member of the onion family.

They should never be cooked, since cooking quickly dissipates their taste. The attractive, bright chive flowers have a pleasant, light onion taste and look good scattered over salads or added to omelettes. The best way to preserve chives and retain most of their delicate flavour, is to chop and freeze and use directly from the freezer.

Chives are a popular ingredient in European cooking because of their delicate flavor. They are an essential flavoring of the spice blend, fines herbs, that is commonly used in French cooking. The bright green leaves of chives are good as a garnish in cold salads, stews, and soups or when sprinkled over cooked sauces, soups, and finished meals. The finely chopped leaves and bulb are used to garnish vichyssoise, cheese and cream sauces, gravies, dips, and baked potatoes.

Lemon Grass - *Cymbopogon ciatrus*
Bouquet: lemony
Flavour: lemony with hints of ginger
Hotness Scale: Delicate

Lemon grass is a long thick grass with leaves at the top and a solid portion several inches long at the root end. The lower portion is sliced or pounded and used in cooking.

As a spice, fresh lemon grass is preferred for its vibrant flavour, but is also sold in dried form. The dried spice is available in several forms: chopped in slices, cut and sifted, powdered, or as an oil which can be extracted from the plant.

Lemon grass features in Indonesian, Malaysian, Sri Lankan and Indian cooking and is widely used in savoury dishes and meat, poultry, seafood and vegetable curries. It harmonizes well with coconut milk, especially with chicken or seafood, and there are countless Thai and Sri Lankan recipes exploiting this combination. The stems are also used in teas or used in pickles and in flavouring marinades.

Paprika - *Capiscum annuum*
Bouquet: slightly warm and sweet
Flavour: ranges from sweet and mild to pungent and fiery.
Hotness Scale: depending on usage is can range from mild to burning

Paprika is a fine powder ground from certain varieties of *Capsicum annuum* which vary in size and shape. They may be small and round (Spain and Morocco) or pointed and cone shaped (Hungary and California).

They are larger and milder than chilli peppers. Paprika is produced from peppers ripened to redness, sometimes called 'pimento', the same as used to stuff olives. The powder can vary in colour from bright red to rusty brown.

Paprika is intimately associated with Hungarian cuisine especially *paprikash* and *goulash*. Many spiced sausages incorporate it, including the Spanish *chorizos.* Paprika is often used as a garnish, spinkled on eggs, hors d'ouvres and salads for colour. It spices and colours cheeses and cheese spreads, and is used in marinades and smoked foods. It can be incorporated in the flour dusting for chicken and other meats. Many Spanish, Portuguese and Turkish recipes use paprika for soups, stews, casseroles and vegetables. In India paprika is sometimes used in tandoori chicken, to give the characteristic red colour.

Paprika is an emulsifier, temporarily bonding with oil and vinegar to make a smooth mixture for a salad dressing.

The Curious Product

Goat Butter

There is always a curious product that our customers meet with suspicion. Our first example is goat butter. With our allegiances to cow butter, oils and lard, how will it behave in cooking? Can it be used in a cake? Does it taste as good as cow butter?

Goat butter doesn't make much of a visual impression: it is white, like commercial lard. Tasting it, though, for the first time is a different story. It's creamy, gentle, lighter than cow butter and, well, goaty. It doesn't have as much tang as goat cheese but it does have a little, and it maintains much of the earthy fragrance of the milk.

Goat butter's moisture content is higher than cow butter's, and it is always unsalted. But otherwise the two are interchangeable in most dishes. Goat butter is ideal to sauté vegetables or to crisply roast some new potatoes. Or else try goat butter in its simplicity on some toasted Maltese bread with a dash of local honey.

Is there a curious product you have always wanted to know more about? Submit your suggestion for our next issue at thefoodie@arkadia.com.mt

Forget love… I'd rather fall in chocolate!!

Could any one ingredient be more glorious? Chocolate inspires nearly everyone, from the young to the old.

Chocolate, one of life's attainable little luxuries, has a history spanning back several centuries. Chocolate derives from the cacao bean of the cacao tree that is native to Central and Southern America. The botanical name for the cacao tree, *Theobrama*, can be loosely translated to "food of the gods", and for very good reasons!

Chocolate Is Introduced To The Old World

During the sixteenth century, a thick grainy drink made from the cacao bean, was popular among the Aztec Emperors of South America. The delights of the cacao bean also reached Europe during the sixteenth century when Columbus introduced it to Spain. It rapidly gained the approval among the rich and noble who soon improved its flavour by adding sugar.

The fashion for drinking chocolate spread swiftly across Europe. Chocolate reached England by the mid-seventeenth century. It remained, however, very much the preserve of the rich for at least the next two hundred years. During the latter part of the seventeenth century, Chocolate Houses became popular throughout England as meeting places for the rich and fashionable.

Solid Chocolate As We Know It Today

Surprisingly, chocolate as an edible, solid bar did not appear until the early nineteenth century. Since then, however, its popularity has become firmly established throughout the world. It is commonly perceived as the ideal gift or a readily available everyday treat. Chocolate has a unique appeal that transcends national boundaries!

Chocolate, apart from being used for eating and drinking, has also become increasingly popular for cooking. It is often used in ordinary day-to-day recipes as well as in cakes and desserts for special occasions. Because of the constant and overwhelming worldwide demand for chocolate, the cacao tree is now also grown in the East and West Indies and in West Africa.

How Chocolate Is Made

Chocolate is made from a combination of ingredients, all based on varying amounts of solid cocoa. The manufacturing process starts with the roasting of the cacao beans that have been first removed from their pods, then washed and dried. Once the roasting process is complete, the shells are removed, leaving the kernels. The kernels are ground to a thick, dark paste called chocolate liquor. The paste is pressed to remove the fat, resulting in a dry powdery substance that is ground into cocoa powder.

The quality of the chocolate, as an end product, can vary considerably. It has to contain a minimum of 34% cocoa butter in order to earn the title of genuine chocolate. Usually, a higher percentage of cocoa produces a superior quality of chocolate.

arkadia VALUE

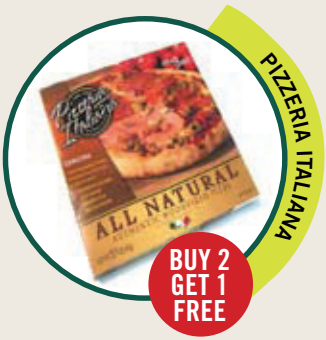
Get that little bit extra

Ambient	Size	Was	Now
Saquella Bar Italia Gran Gusto	250g	2.35	**1.99**
Sacla Black Olive	200g	1.85	**1.57**
Lea And Perrins Worchester Sauce	290ml	2.17	**1.84**
Heinz Baked Beans In Tomato Sauce	200g	0.58	**0.49**
Heinz Mum`S Own Veg/Chick/Casserole	128g	0.84	**0.71**
Elle Vire Whole Milk	1ltr	1.05	**0.89**
Swiss Miss Milk Choc Mix w/Mallows		2.33	**1.98**
Merysa Chick Peas		0.43	**0.37**
Pam Original Oil Spray	170g	3.75	**3.19**
Pam Butter Oil Spray	170g	3.75	**3.19**
Pam baking oil spray		3.75	**3.19**
Merysa chick peas	500g	0.43	**0.37**
Golden drop sunflower	1ltr	1.15	**0.98**
Merysa Red Kidney Beans	500g	0.47	**0.40**
Merysa Cannellini Beans	500g	0.43	**0.37**
Vitaly's Capers	370ml	1.51	**1.28**
Fontinella Fillets Anchovy	50g	0.68	**0.58**
Realmar Anchovy Fillets In Oil	50g	0.86	**0.73**
Scottish Pride Double Cream	125ml	0.85	**0.72**
Mutti Pizza Sauce 210g		0.66	**0.56**
Mutti Passata in Jar	700gr	1.20	**1.02**
Cereals			
Quaker Cruesli Oat So Simple	324g	3.97	**3.37**
Quaker Cruesli Choc	500g	2.90	**2.47**

Fiorucci · Saquella caffè · GatoNegro IT'S ALL HAPPENING! · MUTTI Solo pomodoro. Per passione. · NIVEA · LISTERINE · LA TORRE · QUAKER

Confectionary	Size	Was	Now
Merba Choc Cookies	225g	1.35	**1.21**
Lorenz Pistaccios	100g	2.15	**1.94**
Popz Salted Microwave Pop Corn	3*100g	2.00	**1.70**
Doritos Cool Original	40.7g	0.68	**0.58**
Mackays Seville Orange Marmalade	340g	2.75	**2.34**
Van Damme Zoo Mix	300g	1.95	**1.66**
Kettle Crips Rosemary & Garlic	150g	2.30	**1.96**
Regal Jam Cream	150g	0.80	**0.68**
Regal Coconut Choc Chip Cookies	200g	0.90	**0.77**
Dairy			
Casa Fiesta Cheese Dip	300g	2.21	**1.88**
Activia Fragola X4	125G*4	3.36	**2.86**
Lurpak Spreadable Salted	250g	2.22	**1.89**
Olympus Feta Cheese	300g	2.91	**2.47**
Entremont Emmental Slices	200g	2.50	**2.13**
Lurpak Spreadable Lighter	250g	2.22	**1.89**
Milcow Uht Milk		0.88	**0.75**

Detergents	Size	Was	Now
Omino Bianco Smacchia Facile	500ml	2.33	**2.10**
Cif Sgrassatore	750ml	2.17	**1.84**
Chante Clair Marsiglia Soap 2+1 Free			
Buy Any 2 Aria 2 Or 3 Ltr Get 1 Aria Piatti 250Ml Free			
Frozen			
Bird`s Eye Fish Fingers Omega 3	480g	5.37	**4.56**
Donegal Chunky Cod	500g	7.45	**6.33**
Green Isle Hash Browns	450g	2.39	**2.03**
Wines & Beverages			
Phoniex Beer	50cl	0.50	**0.43**
Safari Orange Juice	1ltr	1.30	**1.17**
Safari Blood Orange Juice	1ltr	1.30	**1.17**
Buy 2 Namaqua 5Ltr Get A Free Gato Negro Brut			
La Torre Gellewza Shiraz		3.79	**3.22**



Personal Care	Size	Was	Now
L'Oreal FX Gel Iperforte	150ml	6.98	**5.93**
Vedochiaro Set Brill & Refill		3.89	**3.31**
Neutro Roberts Liquid Cream Soap *2		3.98	**3.38**
Fresh & Clean Baby Swippie	*20	2.49	**2.12**
Fructis Maschera Fortificante	300ml	8.97	**7.62**
Garnier Ultra Shampoo All Argilla Dolce Ed Anice	250ml	3.40	**2.89**
Garnier Ultra Shampoo All Estratto Di Camomilla E Miele	250ml	3.40	**2.89**
Listerine Total Care M-Wash		3.66	**3.11**
Sure Spray Cool Blue	250ml	4.37	**3.71**
Sure Spray Aloe Vera	250ml	4.37	**3.71**
Sure Spray Clear Aqua	250ml	4.37	**3.71**
Sure Spray Cool Pink	250ml	4.37	**3.71**
Sure Spray Biorthym	250ml	4.37	**3.71**
Sure Spray Cool White	250ml	4.37	**3.71**
Sure Spray For Men	250ml	4.37	**3.71**
Buy 2 Dove Get A Free Loofah			
Gillette Shaving Gel + Free Face Wash			
Fresh & Clean Hand Wash 2+1 Free			
Astral X24	*24	4.97	**4.47**
Huggies 5 Junior		7.57	**6.43**